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EUROPEAN SCHOOL OF
LIFESTYLE ONCOLOGY

POWERED BY:

AIM
CANCER CENTER



Certificate in Oncology Rehabilitation

30 hours | online | Recorded classes | Live mentoring
Q&A session | Certified by the European School of
Lifestyle Oncology

2027

MODULES

MODULE 1

Foundations of Oncology Rehabilitation

- Hallmarks of cancer
 - Cancer treatments
 - Principles of Oncology Rehabilitation
 - Pillars of Lifestyle Oncology
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MODULE 2

Comprehensive Oncology Rehabilitation Assessment

- Assessment
 - Risk Stratification
 - Red Flags
 - Clinical Escalation
 - Goal Setting
 - Multidisciplinary Care Planning
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MODULE 3

Prehabilitaion

- Prehabilitation for Systemic Therapy and Radiotherapy
- Surgical Prehabilitation
- Preventing functional decline
- Exercise, espiratory training and nutritional support
- Psychological preparation and behaviour change
- From prehabilitation to postoperative rehabilitation

MODULES

MODULE 4

Symptom Management and Rehabilitation During Cancer Treatment

- Peripheral Neuropathy
 - Integrated Symptom Management (Cancer-related fatigue, pain, sleep disturbances, nausea and treatment-related symptoms)
 - Hospitalisation and Early Mobilisation
 - Cardiorespiratory Symptoms and Rehabilitation Adaptation
 - Dyspnoea and exercise intolerance
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MODULE 5

Core Rehabilitation Interventions

- Musculoskeletal and Functional Rehabilitation
 - Neurological, Cognitive and Balance Rehabilitation
 - Lymphoedema
 - Scar, Fibrosis and Soft-Tissue Rehabilitation
 - Cardiorespiratory Rehabilitation, Fatigue and Energy Management
 - Pelvic Health Rehabilitation
 - Functional Independence
 - ADLs, Participation and Environmental Adaptation
 - Swallowing, Dysphagia and Communication in Rehabilitation
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MODULE 6

Pathway-Specific Rehabilitation

- Rehabilitation Across Tumour Types and the Care Continuum
- Palliative Rehabilitation
- Goal setting according to prognosis and patient priorities
- Multidisciplinary and caregiver involvement
- Clinical Cases

FACULTY



**SCOTT CAPOZZA, PT,
DPT, MS, ONCS**

Physical therapist

Works as an outpatient physiotherapist dedicated to oncology rehabilitation at Smilow Cancer Hospital at the Yale Cancer Center in Connecticut, USA. He is among the first class of board-certified clinical specialists in oncologic physical therapy in the United States. He holds several leadership positions within the American Physical Therapy Association.

Scott has taught as an adjunct professor in Oncology Physical Therapy for multiple universities in Connecticut and has delivered lectures to physiotherapy programs around the United States educating students about the benefits of oncology rehabilitation. He has presented professionally on the local, state, national and international level and has been a co-author on several peer-reviewed publications. He is also the co-author of the chapter 'Young Adult Survivors' in the textbook *Oncology Rehabilitation: A Comprehensive Guidebook for Clinicians*.



**GEORGIOS
MAVROPALIAS, PHD**

**Health Coach and Cancer
Rehabilitation Specialist**

Health coach and cancer rehabilitation specialist with a PhD in muscle and connective tissue adaptation and extensive experience in exercise oncology, clinical trials, and telehealth. Expertise in leading exercise oncology studies, implementing rehabilitation protocols, and designing telehealth programs to improve cancer treatment outcomes. Practicing nutritionist and exercise physiologist specializing in reducing cancer treatment side-effects and improving treatment efficacy. Passionate about integrating targeted exercise and nutrition into oncology care and improving patient quality of life.



**LEONOR MARQUES,
PT, MSC**

Physiotherapist

Physiotherapist with clinical and academic expertise in palliative care and respiratory physiotherapy. She has worked in a palliative care unit in Lisbon since 2015 and was part of a community team from 2020 to 2023. A graduate of ESSA and King's College London, she collaborates with educational institutions on physiotherapy training in palliative care. She is a member of the Working Group on Oncology and Palliative Care of the Portuguese Order of Physiotherapists and the EAPC Task Force on Rehabilitation in Palliative Care.



**CĂTĂLINA-GABRIELA
BEZĂRAU, MD**

**Medical Oncologist, certified
nutritionist and dietitian**

Fellow of the College of the European School of Oncology, a member of its Education Working Group, and a member of the European Cancer Organisation's Young Cancer Professionals Group. She belongs to the PR and Social Media Working Group of the Romanian Young Oncologists (RYO), a division of the Romanian National Society of Medical Oncology. Actively involved in clinical trials and medical education, contributes to scientific publications and presents at oncology conferences. Her ongoing training includes clinical nutrition and metabolism through ESPEN, alongside palliative care.

More faculty members will be announced soon.

GENERAL OBJECTIVES

To provide healthcare professionals with a comprehensive and evidence-based understanding of the principles and role of rehabilitation across the cancer care continuum, from prehabilitation and active treatment to survivorship, advanced disease and palliative care.

To develop the clinical reasoning and practical skills required to assess rehabilitation needs, identify functional impairments and risks, and plan safe, person-centred and goal-oriented interventions.

To promote a multidisciplinary approach that addresses the physical, functional, cognitive and psychosocial impact of cancer and its treatments, supporting independence, participation and quality of life.

FREQUENTLY ASKED QUESTIONS

1. Do I need to attend the classes exactly as scheduled?

No, all classes are recorded, and you can watch them at your own convenience.

2. How long will I have access to the course?

Recordings and materials are available during 5 months.

3. What is the evaluation method?

A single multiple-choice test at the end of the course.

4. Are the classes online or in person?

The course is 100% online.

Note: The programme schedule, faculty, and learning materials are subject to change. Any changes will not affect the overall learning objectives of the course.

CONTACT US TO RECEIVE ALL THE INFORMATION:



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